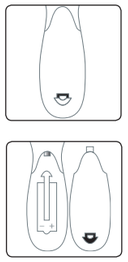
INFORMATION

- Your teeth may feel slightly sensitive during treatment, this is perfectly normal.
- Effective neck toning and firming is based on a light and gentle stimulating massage on your neck muscles. Should you experience any discomfort, you should add more conductive gel, reduce the intensity by pressing the – button, or remove the unit from the area being treated.
- Always use your 60 Second Neck Toner with conductive gel. To purchase more conductive gel please call the Care line on: +44 (0) 1242 702345.
- The unit may be cleaned by wiping with a damp cloth. Do NOT use solvents or detergents.
- Do NOT immerse the unit in water.
- Do NOT dissemble or repair. If you have any problems using the product, contact our Customer Care Department.
- There are no user serviceable parts inside the unit.
- If the unit is damaged do not use it. In the event of a fault, Rio or its service agent or a similarly qualified person must replace it in order to avoid a hazard.
- Do NOT use near to shortwave or microwave equipment.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible. You should remove this source and restart the product to restore full operation.
- Your 60 Second Neck Toner conforms to the latest European Cosmetic Safety Regulations for consumer use.

BATTERY INFORMATION



To fit the battery, release the clip and open the battery cover. Connect a PP3 9V alkaline battery ensuring the correct polarity is as shown. Ensure the plastic battery release tab is underneath the battery and replace cover ensuring it is shut firmly in place.

- If the unit is left unused for a long period of time, remove the battery.
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

DISPOSAL

The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, treat any hazardous substances and avoid the increasing landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

Please refer to these instructions.

CE

CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Care line on: **01242 702345** or email us at: **online@riobeauty.com**

To register your two year guarantee online visit: **www.riobeauty.com/warranty_online.htm**

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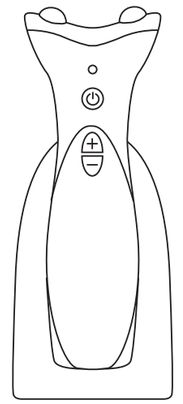
PO Box 17, Cheltenham Spa, England GL53 7ET

www.riobeauty.com

60 SECOND™ NECK TONER

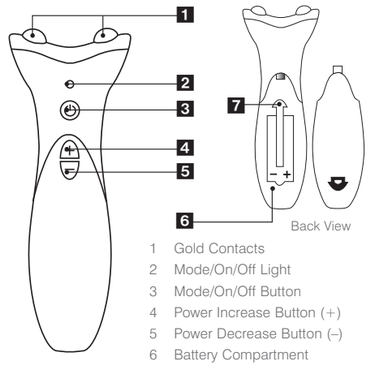


Easily target tone your chin and neck in just a few minutes a day. The gentle EMS (electrical muscle stimulation) pulses do all the hard work for you, toning the supporting muscles, increasing circulation and improving your neck profile.

Feel the effects after just one use and see the results in just a few days.

1-IN-NECK2-UK/4.0

KNOW YOUR UNIT



1 Gold Contacts
2 Mode/On/Off Light
3 Mode/On/Off Button
4 Power Increase Button (+)
5 Power Decrease Button (–)
6 Battery Compartment
7 Battery Release Tab

PRECAUTIONS

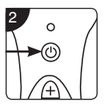
- Please read all instructions thoroughly and retain for future reference.
- Do NOT use if you are pregnant or if you have any of the following: pacemaker, heart disorder, receiving treatment for low blood pressure, epilepsy, multiple sclerosis, or if you are recovering from an operation.
- Do NOT use on areas of skin disorders such as roseacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Keep out of reach of children and pets.
- We recommend using the 60 Second Neck Toner for a maximum of 60 seconds on any one treatment area and 3 minutes in total per session.

INSTRUCTIONS

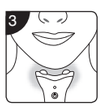
IMPORTANT - PATCH TEST

Before you start you must ALWAYS do a patch test on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours. If irritation occurs do not continue treatment.

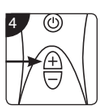
STEP 1 It is IMPORTANT to apply a generous amount of conductive gel to the gold contacts. Without the gel you are unlikely to experience muscle contractions and the treatment may feel prickly.



STEP 2 Turn the unit on by pressing the Mode/On/Off button, the light will turn green. The unit will start in programme 1, the Mode/On/Off light will flash once. **NOTE: The unit always starts on power level 1 when turned on.**



STEP 3 With both gold contacts in contact with your skin, position unit for treatment area 1. **NOTE: The unit uses gentle EMS pulses and on lower power levels some people will not feel muscle contractions. It will not make a noise or vibrate.**



STEP 4 Press and release the + button to increase power by a single step each time up to a maximum of 16. Increase until you feel definite muscle contractions. If uncomfortable, decrease the power by a single step each time by pressing and releasing the – button.

STEP 5 Repeat steps 1 to 4 for treatment areas 2 and 3.

IMPORTANT Re-apply conductive gel regularly during use to avoid any discomfort.

TREATMENT AREAS

As with all toning treatments, regular use is required. Use daily for the first few weeks for maximum benefit. After this time, two or three times a week should be enough to maintain the results.

TREATMENT AREA 1
With both gold contacts touching the skin, place the unit underneath your chin. Be careful to avoid your adams apple. Hold the unit in position for 60 seconds.

TREATMENT AREA 2
With both gold contacts touching the skin, place the unit underneath your chin, and to the left, near to where you feel your pulse point. Hold the unit in position for 60 seconds.

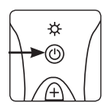
TREATMENT AREA 3
With both gold contacts touching the skin, place the unit underneath your chin, and to the right, near to where you feel your pulse point. Hold the unit in position for 60 seconds.

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.

When the gold contacts are correctly placed, these tingling sensations will be reduced and a good muscle contraction will be felt. You may need to adjust the positioning of the gold contacts, until you find the strongest contractions.

PROGRAMMES

The 60 Second Neck Toner has 16 power intensity levels and 3 exercise programmes. Best results are achieved by varying the programme used. We recommend using Programme 1 on day 1, followed by Programme 2 on the day 2, followed by Programme 3 on day 3, then back to Programme 1 on day 4 and so on.

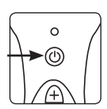


The unit will always start in the Programme 1. To select a different programme, briefly press the Mode/On/Off button again. The light will flash twice to indicate it is in Programme 2, or will flash 3 times to indicate it is in Programme 3. The power level will reset to low each time you change the programme.

PROGRAMME 1 - FIRMING
Rhythmic muscle contractions to condition muscles with a short interval between each pulse. The muscle contraction lasts for 2 seconds followed by a 3 second pause.

PROGRAMME 2 - EXTENDED FIRMING
This offers an extended muscle contraction with pre-programmed varying intensity to maximise the work-out. The extended contraction lasts for 9 seconds followed by a 4 second pause.

PROGRAMME 3 - TAP TONING
Rapid stimulation to simulate deep massaging action. The pulsing massage action lasts for 5 seconds followed by a 3 second pause.



TO TURN THE UNIT OFF
Press and hold the On/Off button for 1.5 seconds. If the unit is left on, it will automatically switch off after 10 minutes.